



Senior NEWS

301-258-6380

May 2007



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

Senior Fun & Fit Fest

Wed., May 16

9 a.m. – 2 p.m.

Activity Center at Bohrer Park
506 S. Frederick Ave.

Join in the Exercise: Yoga, volley ball, longevity stick, weight training, "Core and More" floor exercise, stability ball, stretching, aerobics, circuit training, trail walking, etc.

Enjoy the Dancing: Step2music, "Ritmo Latino", ballroom dance, "Sophisticated Ladies" tap dancers.

Free Screening and Relaxation: Blood pressure, dermascan, glaucoma, spinal assessment, chair massage, reflexology, manicures.

Box lunches are \$5 in advance, \$7 at the door (see program sheet). Transportation provided from the Senior Center for members.

Visit the Health Information and Screening Tables.



"Amelia Earhart – Dreams Take Flight"

Monday, May 21 at 12:45 p.m.

Free!

Mary Ann Jung will take you soaring with the spirited heroine of both aviation and women's rights in this fun recounting of Amelia Earhart's fascinating life. Amelia was much more than just a courageous aviatrix. She was also a photographer, truck driver, avid student and teacher, volunteer nurse, social worker, and even a clothes designer! Whatever she

did, she did with passion, commitment and a relaxed sense of humor that endeared her to the American public.

Dale Jarrett will sing in the Spring on Tue., May 15
at 12:45 p.m.

Miniature Golf at Bohrer Park

Lunch at Ay! Jalisco

425 S. Frederick Ave.

Date: Wednesday, May 9

Depart: 10:45 a.m.

Return: 1:45 p.m.

Fee: \$3 for golf only;

\$6 for transportation and golf

Deadline: Tuesday, May 8

Play putt putt golf on a botanical course with streams, lakes, and flowers. Have lunch at a local Tex-mex restaurant. You'll order from the menu and **pay in cash.**

Minimum: 15 Maximum: 33

Mark Your Calendar

JUNE 11

Trip to St. Michael's

JUNE 13

Sewall-Belmont House and
Museum

JUNE 19

Senior Picnic

JUNE 27

"Little Shop of Horrors" @Toby's

JUNE 29

Smithsonian Folklife Festival

JULY 1

"Dames at Sea" at Montgomery
College

JULY 11

Ice Cream Social

DIRECTOR'S UPDATE

Dear Members:

*'Fundamentally, **Change** denotes the transition that occurs when something goes from being the same to being something different.'* Change is constant; it keeps our lives exciting; and it is necessary to accomplish progress.

During the past year we have partnered with Montgomery College to offer Lifelong Learning classes and we are hopeful to host additional classes this fall. This has given us the opportunity to branch out into some of the City's other facilities which is working very well. The watercolor class has thrived at the new Youth Center and both Tai Chi and Energize enjoy the accommodations of the Activity Center. Thank you to everyone for being so open-minded and for giving these changes a try.

It is membership renewal time again. Everyone needs to fill out their membership forms and return them to the office before July 1 in order for their membership to be current. The membership fee, which has remained the same for the past two years, will be changing to \$30 per individual. Because of the many opportunities for seniors to socialize, learn, workout, party and have fun, *it is still the best deal in town!*

Please take your time when you complete your membership forms. It is very important that the information is accurate and easy to read, especially the emergency contact names and numbers.

A change in policy for membership renewals will start this year. Whatever day a member joins or renews their membership will be the same day the following year that the membership will need to be renewed. In other words, if an individual joins on September 16, 2007, their membership will expire on September 15, 2008, and they will pay the full membership renewal rate. ***Membership fees will no longer be prorated in the middle of the year to half the renewal amount.***

Change is good, because together, we get better everyday! If you have questions concerning renewals, please do not hesitate to call our office at 301-258-6380.

Grace

Montgomery College Lifelong Learning Institute Classes

TAI CHI

Tuesday/Thursday 10 a.m. – noon

May 3 - June 14 (No class 5/31) Twelve sessions

\$40 for those 60 and older

Activity Center at Bohrer Park

Registration forms are at Senior Center front desk.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

The Senior News is Online!

You can now read the
Senior News online.
Visit the City site at
www.gaithersburgmd.gov

WELLNESS PROGRAMS

Lipid Profile/Cholesterol

Wednesday, May 23

10-11:30 a.m.

This venipuncture test includes total cholesterol HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Staff from Adventist Health Care will perform the screening.

***Cost: \$23 (age 55+) Pay that day.**

There is an additional charge of \$4 for glucose screening.

Advance registration is required for screenings. Please call 1-800-542-5096 to register. Walk-ins will be accommodated, if time permits.

Current Events

Thursdays at 11 a.m.

Politics, popular culture, the environment, modern lifestyles...share your thoughts and hopes with fellow world observers.

The Nurse Is In!

Fridays 9 a.m. - 3 p.m.



Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wednesday, May 23

Time: 10:30 a.m. – noon

Caregivers Support Group

New

1st & 3rd Tuesday of the Month 2 p.m.

Facilitated by Social Worker Maggie Wesley, the meetings provide help to people of all ages who are caring for spouses, parents, siblings, or friends who are ill. Get the care and support you deserve.

Meditation

Wednesdays

May 2, 9 & 30

11 a.m.

Donations Needed:

Olympia needs **YARN** to be made into blankets.

MAY '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, May 8, 2007

4 - 8 p.m. Monthly Meeting

4 p.m. - Community Service Projects: Wrap/package gifts for nursing home residents for delivery on AARP's National Day of Service, May 10. We'll make faux flower corsages and small flower arrangements on May 4 at 12:30p.m. and May 7 at 10 a.m.

5:30 p.m. - Dinner: Chef Sia's **Lemon Chicken**, including sides, salad, drinks and desserts. (\$9).

6:10 p.m. - Participate in our brief business meeting. Sign up to join MD AARP on repairs to three Gaithersburg homes on May 10. Breakfast, lunch and t-shirts provided to participants.

6:40 p.m. - Program: Rockettes of the Ages will entertain us with songs and dances. (FREE)

Registration for program and dinner payment is required by 2 p.m. on Mon., May 7.

CHAPTER TOUR GROUP:

Sept 4 – 9: Annual AARP Conference in Boston. We will travel together by train, stay in the same hotel, gather for dinner, and evening concerts. You will have choice of many free programs and activities set up by AARP and can go on optional tours AARP is offering. (\$682 excluding meals and optional tours). **Call now.**

Alaska Cruise and Tour - If you would like to go to Alaska this June or July come to a meeting at the Center at 2 p.m. We will select the date and cruise line so we can go together and get group rates.

SPRING BAZAAR

May 29-31

Bring donations in on May 24 and 25. Pick up flyer for more information.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. You are welcome to register a friend for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Drive, Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

May Birthdays

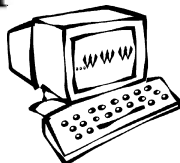
- 1 Sudha Mitthal
- 1 Jean Poiani
- 2 Gladys Schwartz
- 2 Vinod Khanna
- 5 Thomas Brewster
- 5 Elsa Lloyd
- 5 Annemieke Donkersloot
- 6 Margaret Rumble
- 10 Dorothy Parker
- 11 Janett Patterson
- 11 Vernetta Hughes
- 14 Audrey McCracken
- 15 Delfa Medina
- 15 Shanti Dhir
- 15 Amelia Pedro
- 16 Ann Ryan
- 17 Ovanes Safarian
- 19 Paula Kirk
- 21 Ralph Freeman
- 21 Edna Chiang
- 21 Rose Young
- 21 Meryl Amsel
- 23 Renee' Barrozo
- 23 Richard Spears
- 23 Gloria Wall
- 24 Edmund Habib
- 24 Kathleen Melia
- 25 Olga S. Norris
- 25 Alis Sahakian
- 25 Diane Burns
- 28 Olga Sisson
- 28 Phyllis Crafton
- 28 Georgina Galindo
- 29 Thelma Skinner
- 30 Carol Evans
- 30 Mary Ann Pianta
- 31 Robert Pianta
- 31 Alicia Czorny

Celebrate May 29

Singing Seniors

Meet every Wednesday
at 11 a.m.
Newcomers are welcome.
No singing May 16.

Computer Classes



Free

TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

THURSDAYS

10 a.m. – noon (one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

GENEALOGY

Monday, May 14 at 11 a.m.

Fee: \$8

Judith Mostyn White will help you learn to research your family on the internet. You can sign up for the class even if you missed earlier classes.

Minimum: 6 Maximum: 12

AARP 55 Alive Mature Driving

Dates: Friday, May 4 and 11

Time: 2:30 – 6:30 p.m.

Fee: \$10

Learn to handle adverse driving conditions, traffic hazards and the effects of aging and medication on driving.

You must attend both days. Some automobile insurance companies give discounts for completing the class.

Minimum: 10 Maximum: 25



Yoga Adapted for Seniors



Dates: Tuesdays, April 3 - June 19 (12 sessions)

Time: 11 a.m. **Fee:** \$30

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance.

Minimum: 10 Maximum: 25

Trip to Children's Inn at NIH

Date: Tuesday, May 8

Depart: 10 a.m. **Return:** 2 p.m.

Free, but limited to NIH crafters.

Deadline: Monday, May 7

Please bring proper identification.

Lunch will be at La Madeleine French Bakery and Restaurant and you will pay individually. Register on the program sheet.

Minimum: 15 Maximum: 33

Core & More



**Mondays and Fridays
3 p.m.**

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

CLASSES

* **Late joiners are welcome!**

Ballroom Dancing

Beginning

Dates: Tuesdays, April 24 - May 22

Time: 3 p.m.

Fee: \$25 (five sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, April 24 - May 22

Time: 2 p.m.

Fee: \$25 (five sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate Pottery



Dates: Wednesdays,

April 11 - June 6

(eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo

Borg for members who have

experience working with clay.

Minimum: 6 **Maximum:** 8

No class
on Wed.,
May 16

Beginning English

Dates: Tuesdays

Time: 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

Minimum: 10 **Maximum:** 20

Level Two English

Dates: Tuesdays

Time: 12:30 p.m.

Grammar and conversation help for those ready to advance to intermediate English.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers!

Tuesdays at 9 a.m.

Quilting Fridays

1 p.m.

Share experience, materials and ideas.

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

Learn to Play MAH JONGG

Dates: Fridays, May 4 - 25

(four sessions)

Time: 10:30 a.m.

Bobby Rosenfeld will explain how this game of tiles is played.

Maximum: 4

Book Discussion Group

Thu., May 24

2 p.m.

FREE

Book: "The Stone Diaries"

Author: Carol Shields



Kindness Craft

Thursday, May 10

12:45 p.m.

Free

Luz Maria will show you how to make a gift of love to be given on Mother's Day *Register on program sheet.*

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING



Dates: Wednesdays, April 4 - June 27

Time: 1 p.m.

Fee: \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10

Maximum: 20

No class on May 16.

STABILITY BALL



Dates: Thursdays, April 5 - June 21

Time: 10:30 - 11:30 a.m.

Fee: \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.



The Gaithersburg Upcounty Senior Center

MAY 2007

www.gaithersburgmd.gov



Gaithersburg
301-258-6380

Calendar of Events

Sunday



Monday

Tuesday

1
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Int. English
12:30pm Bridge
1pm Mah Jongg
2pm Caregivers
2pm Int. Ballroom
3pm Beg. Ballroom

Wednesday

2
9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11am Singing Seniors
11am Meditation
1pm Weight Training
1pm Crochet

Thursday

3
9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Ritmo Latino
11am Internet
11am Stroke Support
11am Current Events
12pm Diversity Program: Chicken & Rice from Around the World
12:30pm Bridge
12:45pm Hispanic Book Club

Friday

4
9am Exercise
10am Exercise
10am Computer Help
10:30am Watercolor
10:30am Learn Mah Jongg
12:30pm AARP Craft
12:50pm Bingo
1pm Quilting
2:30pm 55 Alive
3pm Core and More

Saturday

5

6

Trip to F. Scott
Fitzgerald Theatre
"Inherit the Wind"

7

9am Exercise
10am Exercise
10am AARP Craft
11am Step 2 Music
12:30pm Mah Jongg
12:45pm Senior Council
12:50pm Bingo
2pm Embroidery
2pm Core and More
2pm Book Club

8

9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Int. English
12:30pm Bridge
1pm Mah Jongg
2pm Int. Ballroom
3pm Beg. Ballroom

Trip to Children's
Inn at NIH

9

9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11am Meditation
11am Singing Seniors
1pm Weight Training
1pm Crochet

Miniature Golf and
Lunch at Jalisco

10

9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Internet
11am Stroke Support
11am Current Events
11am Stroke Support
11am Kindness Craft
12:30pm Bridge
12:45pm Hispanic Book Club

Frederick Keys
Baseball Game

11

9am Exercise
10am Exercise
10am Computer Help
10:30am Watercolor
10:30am Learn Mah Jongg
12:50pm Bingo
1pm Quilting
2:30pm 55 Alive
3pm Core and More

Nurse is In
9 a.m. - 3:00 p.m.

12

13

Mother's Day

14

9am Exercise
10am Exercise
11am Step 2 Music
11am Genealogy
11am *Mother's Day Program*
12:30pm Mah Jongg
12:30pm Internal Light
12:50pm Bingo
2pm Embroidery
2pm Core and More

15

9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Bridge
12:30pm Int. English
1pm Mah Jongg
2pm Int. Ballroom
2pm Caregivers
3pm Beg. Ballroom
12:45 p.m.
Dale Jarrett sings

16

**2007
Fun & Fit Fest
Activity
Center at
Bohrer Park
9 a.m. - 2 p.m.**

17

9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Ritmo Latino
11am Internet
11am Stroke Support
11am Current Events
12:30pm Bridge
12:45pm Hispanic Book Club

*Trip to DAR Museum &
Corcoran Gallery*

18

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
10:30am Learn Mah Jongg
12:50pm Bingo
3pm Core and More

*Nurse is In
9 a.m. - 3:00 p.m.*

19

20

21

9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:30pm Internal Light
12:45pm "Amelia Earhart- Dreams Take Flight"
12:50pm Bingo
2pm Embroidery
2pm Core and More

22

9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Bridge
12:30pm Int. English
1pm Mah Jongg
2pm Int. Ballroom
3pm Beg. Ballroom

23

9am Exercise
10am Exercise
10am Int. Pottery
10:30am Blood Pressure, Lipid & Cholesterol
11am Step 2 Music
11am Singing Seniors
1pm Crochet
1pm Weight Training

*Aliya and the
Kismet Dancers
perform*

24

9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Ritmo Latino
11am Internet
11am Stroke Support
11am Current Events
12:30pm Bridge
12:45pm Hispanic Book Club
1pm Meditate
2pm Book Discussion

*Lunch Bunch to
Cafe Mileto*

25

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
10:30am Learn Mah Jongg
12:50pm Bingo
1pm Quilting
3pm Core and More

*Nurse is In
9 a.m. - 3:00 p.m.*

26

27

**Senior
Center
CLOSED**

MEMORIAL DAY

29

*Birthday
Celebration*



9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Int. English
12:30pm Bridge
1pm Mah Jongg

30

9am Exercise
10am Exercise
10am Int. Pottery
11am Meditation
11am Step 2 Music
11am Singing Seniors
1pm Crochet
1pm Weight Training
1pm Crochet

31

9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Ritmo Latino
11am Internet
11am Stroke Support
11am Current Events
12:30pm Bridge
12:45pm Hispanic Book Club

Arts Barn
FREE Preview



OFF-SITE CLASSES

Watercolor

Tues. 9:30am Robertson Park

Tai Chi

Tues./Th. 11 am Activity Center

Longevity Stick

Tues./Th. 8:30am Activity Center

Energize

Tues./Th. 9 am Activity Center

Stability Ball

Thur. 10:30 am Activity Center

SRRING BAZAAR

ACTIVITIES AND TRIPS

Trip to DAR Museum and Corcoran Gallery

Washington, DC

Date: Thursday, May 17

Depart: 8:45 a.m. **Return:** 4 p.m.

Fee: \$39 (includes transportation, entrance to both museums, DAR docent tour, lunch, beverage, dessert and tip)

Deadline: Monday, May 14 (trip cancelled if minimum not met)

The DAR collection houses over 100 "period rooms" such as a Victorian parlor, 17 century council chambers, a tavern, a study, an attic filled with toys... The Corcoran has a show on Masters of European Art, and an exhibition on Modernism.

Lunch at the Café des Artistes will be elegant and full service in the heart of the museum.

Menu choices are on the program sheet.

Minimum: 20

Maximum: 33

Diversity Program: Chicken and/or Rice Dishes from Around the World

Thur., May 3

Noon

Prepare a dish from your country in which one of the ingredients is either chicken or rice. We will share the amazing different flavors that evolve from basic foods, as we share our international friendships. Maggie Wesley will facilitate.



Mother's Day Program

Monday, May 14

11 a.m.

Students from Gaithersburg High School will entertain us before our special luncheon provided through the Nutrition Program. Mothers will be pampered.



FREE PREVIEW

Gaithersburg Arts Barn

311 Kent Sq. Rd.



"Picasso at the Lapin Agile"

Thursday, May 31

7:30 p.m.

This is a comedy, written by Steve Martin, about a meeting between Einstein and Picasso. Whimsy and wisecracking ensue. Go on your own and invite family or friends.

Frederick Keys Game



Date: Thu., May 10

Depart: 8:30 a.m. **Return:** 2 p.m.

Fee: \$10 (transportation and ticket to game)

Deadline: Monday, April 30 (remaining seats will be offered to Damascus seniors)

We'll be joining with Damascus Senior Center to cheer on our local minor league team. You can pay for a food coupon (\$3.50 for a reduced price at the concession stand) by marking the program sheet.

Minimum: 15 **Maximum:** 33

Trip to the Sewall-Belmont House and Museum Lunch at Union Station

Date: Wednesday, June 13

Depart: 9:45 a.m. **Return:** 4 p.m.

Fee: \$12 (includes bus transportation and docent tour)

Deadline: Friday, June 8

We're visiting one of the oldest residential properties on Capitol Hill where the womens' movement began. We'll see videos on the Suffragist movement and the Equal Rights Amendment, also tour the collection of protest signs, cartoons, photos and highlights of important women in history. The period house is on **three levels only accessible by stairs**. Lunch is on your own at Union Station, with a period of time to explore and shop. **Lots of walking.**

Minimum: 20

Maximum: 24



ACTIVITIES AND TRIPS

"Inherit the Wind"

at F. Scott Fitzgerald Theatre, Rockville
Lunch at Timpano Italian
Chophouse

Date: Sunday, May 6

Depart: 10:30 a.m. **Return:** 5 p.m.

Fee: \$40 (includes transportation, show, three course lunch, beverage and tip)

Deadline: Monday, April 30 (open to non-members after this date)

We'll begin our trip in a spacious, plush, swank Italian restaurant with a relaxed three course lunch. The 2 p.m. show "Inherit the Wind" is a fictionalized account of the 1925 Scopes "Monkey" Trial pitting a teacher of Darwin's theory of evolution against a Tennessee law promoting creationism. The play was not intended as a documentary-drama about the Scopes trial, but as a warning about the evils of McCarthyism and hailed for its' themes of religious tolerance and freedom of thought.

Minimum: 20

Maximum: 30



Lunch Bunch

Lunch Bunch to Café Mileto

18056 Mateny Rd., Germantown

Date: Thursday, May 24

Depart: 11:30 a.m. **Return:** 1:45 p.m.

Fee: \$15 (includes transportation, buffet, and tip)

Deadline: Tuesday, May 22

Wood-fired pizza, antipasto, pasta, and other great Italian food are available in this cozy trattoria.

Minimum: 15

Maximum: 33

"Little Shop of Horrors"

at Toby's Dinner Theatre, Columbia

Date: Wednesday, June 27, 2007

Depart: 9:30 a.m. **Return:** 4 p.m.

Fee: \$42 (includes transportation, show, buffet, coffee or tea, and tip)

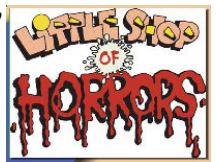
Deadline: Friday, May 11

(trip cancelled if minimum not met)

This kooky musical takes place on skid row where a down-and-out floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood.

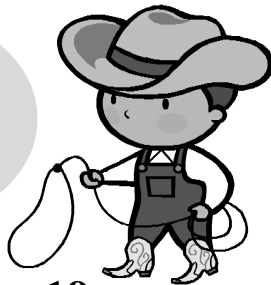
Minimum: 20

Maximum: 33



Senior Wild West Picnic

at Smokey Glen Farm
16407 Riffleford Rd.
Gaithersburg



Tuesday, June 19

Partners:

Rockville & Damascus Senior Centers

10 a.m. - 3 p.m.

BBQ chicken & ribs buffet 11:30 a.m. – 1:30 p.m.

\$14

Cowboy attire suggested. Bandanas provided.

Come early for horseshoes, mini-golf, volleyball, games and contests. Stay until 3 p.m. and dance off the big meal.

Vegetarians may order veggie-burgers only.

Please sign up early! Bus transportation from the Center is provided between 10:15 a.m. and 2 p.m. Maps and plenty of parking is available for drivers.

Deadline: Tuesday, June 12

Aliya and the Kismit Dancers

Wed., May 23 at 1 p.m.

We will be entertained by a troupe of women demonstrating Middle Eastern dances, also known as belly dance.

Spring Bazaar

Crafts! Foods! Nearly new items!

May 29 - 31

This is your opportunity to sell crafts, new or gently-used items brought from your home, special foods and treats, clothing and interesting novelties. Price your items so that the Senior Center will receive 20% of the proceeds of your sale. If you do not want to sit at a table, you may donate items for sale by bazaar workers. In this case all of the money will go to the Center. Let's make our bi-annual rummage sale a great success. Bring in your goods on Friday, May 25. Contact Annette Thompson at 301-977-7936.

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. – 1 p.m., 6 – 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Also see page 3 for support group. Call 301-258-6380.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!


Sponsored by Dept. of Health and Human Services.
Call 301-258-6380 for an appointment.

Join Maggie Wesley

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

In Sympathy

Sympathy is extended to the family and friends of Eleanor Russo and Elouise Duncan  who recently passed away.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Internal Light



Monday, May 14

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision. For information call 301-881-0100 x 6748.

"Book Club" for Individuals with Aphasia

Monday, May 7

2 p.m.

Fee: \$30

Call 240-475-8786 for info.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

Noticias de Mucho Interés para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	29 de mayo	12:45 p.m.
Tomarse la Presión	23 de mayo	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - NIVEL II

Día: martes

Hora: 12:30 p.m.

Costo: gratis

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO:

VENCIENDO

LAS

PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

ALIYA Y LAS BAILARINAS KISMIT

Día: miércoles 23 de Mayo

Hora: 1 p.m.

Este grupo de bailarinas demostrarán danzas del Medio Oriente. Este tipo de baile es conocido como baile del estómago.

FESTIVAL PARA LOS SENIORS QUE QUIEREN DIVERTIRSE Y OBTENER UNA BUENA FIGURA.

Lugar: Centro de Actividad/Parque Bohrer

Día: miércoles 16 de mayo

Hora: 9 a.m. – 2 p.m.

Costo: Gratis

Venga a este festival y participe haciendo ejercicios aeróbicos, yoga, entrenamiento de pesas, bola de estabilidad, y otros deportes.

Danzas: Baile de salón, damas sofisticadas bailando al golpecito. También podrá visitar las mesas de información sobre salud.

Almuerzo disponible a \$5 si lo ordena en el Centro antes del festival. Si lo paga en la puerta de entrada, le costará \$7. Se proveerá transportación desde el Centro.

ALMUERZO EN GRUPO/ RESTAURANTE CAFÉ MILETO EN GERMANTOWN, MD

Día: jueves 24 de mayo

Salida: 11:30 a.m.

Retorno: 1:45 p.m.

Costo: \$15 (éste costo incluye la transportación, buffet, bebidas y propina)

Fecha de vencimiento: martes 22 de mayo

Este restaurante ofrece un delicioso buffet Italiano incluyendo pizza, sopas y una variedad de pastas.

Mínimo: 15 Máximo: 33

VIAJE A JUGAR GOLFO EN MINIATURA

Bohrer Park y almuerzo en el Restaurante Ay!Jalisco

Día: miércoles 9 de mayo

Salida: 10:45 a.m.

Retorno: 1:45 p.m.

Costo: \$6 por la transportación y juego de golfo

En ese parque donde jugarán golfo en miniatura, usted también podrá disfrutar de bellos jardines, cascada de agua y un lindo paisaje. Después de jugar golfo iremos a almorzar al restaurante Texano-Mexicano Ay Jalisco, y ahí usted pagará en efectivo por su almuerzo.

Mínimo: 15 Máximo: 33

PROGRAMA DE DIVERSIDAD

Pollo y arroz

Día: jueves 3 de mayo

Hora: 12n

Si desea preparar y compartir un platillo con receta de su país que consista de pollo y arroz puede traerlo y compartir con los demás miembros del Centro y así disfrutar de un agradable momento con sus amigos, por favor hágalo. Maggie Wesley será la encargada de este evento.

PICNIC ANUAL/FINCA SMOKEY GLEN

16407 Riffelford Rd. Germantown, MD

Día: martes 19 de Junio

Socios: Centros de Rockville y Damascus

Hora: 10 a.m – 3 p.m.

El buffet se servirá de 11:30 a.m. a 1:30 p.m. Venga y disfrute jugando golfo en miniatura, tirando anillos ó caminando por el parque. En el buffet habrá pollo a la barbecue, costillas y para los vegetarianos pueden ordenar hamburguesas vegetarianas. Por favor regístrese lo más pronto posible. Se proveerá transportación del Centro al parque saliendo a las 10:15 a.m. y regresando a las 12:45 p.m. También proveeremos mapas y direcciones para los que deseen manejar su propio vehículo.

CELEBRACION DEL DIA DE LAS MADRES

Día: lunes 14 de mayo

Hora: 11 a.m.

Los estudiantes de la escuela secundaria de Gaithersburg estarán acá brindándonos sus grata compañía, antes del almuerzo que será *proveído* a través del Programa de Nutrición. Todas las madrecitas serán mimadas en ese día especial.

CORAZON, REGALO DE AMOR PARA LAS MADRECITAS

(Proyecto de artesanía)

Día: jueves 10 de mayo

Hora: 12:30 p.m.

Costo: Gratis

Luz Maria Freytes nos enseñará a hacer este corazón como un regalo de amor para intercambiar el día de Las madres. ¡No se lo pierda!

VIAJE A LA RESIDENCIA DE NIH

Día: martes 8 de mayo

Salida: 10 a.m. **Retorno:** 2 p.m.

Costo: Gratis

(Este viaje es limitado solamente para el grupo de voluntarios de NIH)

Fecha de Vencimiento: lunes 7 de mayo

Mínimo: 15 **Máximo:** 33

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

MAY 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins May 4, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
21950	Intermediate Pottery (no class May 16)	April 11 – June 6	\$8
22140	AARP 55 Alive Mature Driving	May 4 & 11	\$10
22255	Book Club	May 7	\$30
22147	Beginning Ballroom Dance	April 24 – May 22	\$25
22148	Intermediate Ballroom Dance	April 24 – May 22	\$25
22144	Genealogy	May 14	\$8
22301	Learn to Play Mah Jongg	May 4 – May 25	N/A
21947	Yoga Adapted for Seniors	April 3 – June 19	\$30
21948	Weight Training (no class May 16)	April 4 – June 27	\$12
21949	Stability Ball	April 5 – June 21	\$12
22095	"Inherit the Wind"	May 6	\$40
22253	Trip to Children's Inn at NIH - for NIH Crafters only	May 8	N/A
22250	Miniature Golf at Bohrer Park & Lunch at Ay! Jalisco	May 9	\$6/\$3
	<input type="checkbox"/> Transport & Golf <input type="checkbox"/> Golf		
22099	Frederick Keys Baseball Game	May 10	\$10
	<input type="checkbox"/> \$3.50 Food coupon		
22102	Senior Fun and Fit Fest	May 16	N/A
	<input type="checkbox"/> Roast Beef <input type="checkbox"/> Turkey <input type="checkbox"/> Ham <input type="checkbox"/> Chicken Salad <input type="checkbox"/> Tuna Salad <input type="checkbox"/> Cheese (vegetarian)		\$5
22252	Trip to DAR Museum & Corcoran Gallery	May 17	\$39
	<input type="checkbox"/> Mixed Greens w/corn, tomato, goat cheese pine nuts <input type="checkbox"/> Warm Turkey w/brie on baguette		
	<input type="checkbox"/> Salad Nicoise (tuna, potato, egg, beans, capers)		
22251	Lunch Bunch to Café Mileto	May 24	\$15
22254	Trip to Sewall-Belmont House and Museum	June 13	\$12
22256	Senior Wild West Picnic at Smokey Glen Farm	June 19	\$14
	<input type="checkbox"/> Regular <input type="checkbox"/> Vegetarian		
22098	"Little Shop of Horrors" at Toby's	June 27	\$42

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____